

Fairfax-Falls Church Community Services Board
29th Annual Substance Abuse Awareness Week

2ND ANNUAL OPERATION MEDICINE CABINET CLEANOUT

October 18 – 23, 2010



Help our community by monitoring and properly disposing of your unused or expired medications. Doing this prevents accidental poisoning or abuse by others, and protects the environment.

Disposal is free, convenient and confidential.

From October 18-23, drop off unused medications* at these local police stations anytime:

Fair Oaks District Station

12300 Lee Jackson Memorial Highway
Fairfax, VA 22033

Franconia District Station

6121 Franconia Road
Alexandria, VA 22310

Mason District Station

6507 Columbia Pike
Annandale, VA 22003

McLean District Station

1437 Balls Hill Road
McLean, VA 22101

Mount Vernon District Station

2511 Parkers Lane
Alexandria, VA 22306

Reston District Station

12000 Bowman Towne Drive
Reston, VA 20190

Sully District Station

4900 Stonecroft Boulevard
Chantilly, VA 20151

West Springfield District Station

6140 Rolling Road
Springfield, VA 22152

* Only medications in liquid or pill form may be dropped off. **No needles or pressurized canisters will be accepted.**

***To find out how to dispose of medications at home,
please see reverse.***

MORE ABOUT MEDICINE SAFETY

What's The Issue?

- The 2008 Fairfax County Youth Survey indicates that approximately 3,100 high school students abused prescription drugs and/or over-the-counter drugs in the 30-days prior to being surveyed.
- Nationally, in 2006, 16.2 million Americans age 12 and older had taken a prescription pain reliever, tranquilizer, stimulant, or sedative for nonmedical purposes at least once in the year prior to being surveyed.
- The broad availability of prescription drugs via the medicine cabinet, the internet and physicians, as well as the misconceptions of their safety add to the problem of prescription drug abuse.

What Can We Do?

- **Educate** –
 - Read the material provided with all prescribed medications to understand the safe use and any possible risks.
 - Ask your doctor or pharmacist about safe use and any possible risks especially for abuse.
- **Communicate** –
 - Share with your children the importance of being an informed consumer of medications.
 - Set clear expectations, letting children know to never take medications without your knowledge.
- **Monitor** –
 - Keep track of and secure the medication you have in the house.
 - Supervise your child's use of medication.
 - Encourage relatives and friends to monitor their medications.
- **Dispose** –
 - Take an inventory and identify expired and unused medication.
 - Keep the medicines in their original container. This will help identify the contents if they are accidentally ingested. Cross out your name and prescription number for safety.
 - For pills: add some salt water to start dissolving them. For liquids: add something inedible like cat litter, dirt or ash.
 - Seal the container and secure with duct or packing tape. Put the container in the trash as close to pickup time as possible. Do **not** put in the recycling bin.

Our partners in **OPERATION MEDICINE CABINET CLEANOUT** are CVS, Fairfax County Channel 16, Fairfax County Department of Public Works and Environmental Services, Fairfax County Division of Solid Waste Collection and Recycling, Fairfax County Fire & Rescue Department, Fairfax County Health Department, Fairfax County Office of Public Private Partnerships, Fairfax County Police Department, Fairfax Water, Giant, Harris Teeter, Rite-Aid, Safeway, Unified Prevention Coalition of Fairfax County Public Schools, Walgreens and Wegmans.

Find more information at www.fairfaxcounty.gov/csb/prevention